

# Mental Health in Multicultural Communities

MENTAL HEALTH AFFECTS EVERYONE OF GENDER, SEXUAL ORIENTATION, RACE, CULTURE & ETHNICITY

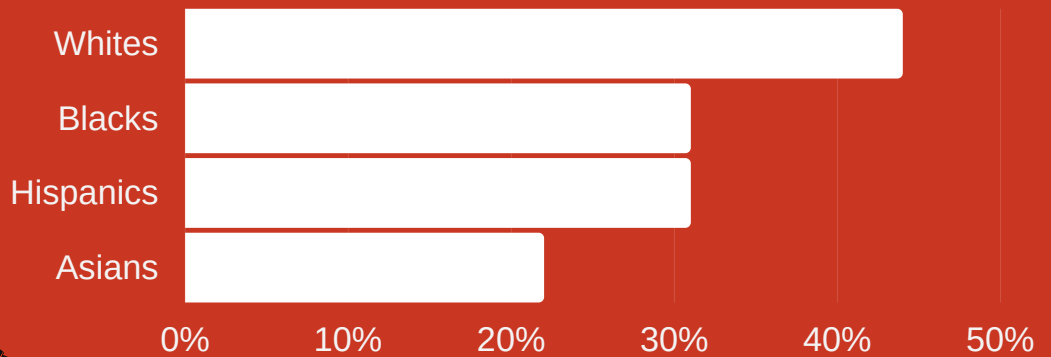
## Mental Health in America

The U.S. population is continuing to become more diverse. By 2044, more than half of all Americans are projected to belong to a minority group (any group other than non-Hispanic White alone)

- 18% of US adults have a diagnosable mental disorder in a given year
- 4% of adults have a serious mental illness.
- Youth mental health is worsening. From 2012 to 2017, the prevalence of past-year Major Depressive Episode (MDE) increased from 8.66 percent to 13.01 percent of youth ages 12-17. Now over two million youth have MDE with severe impairment.



## Individuals Diagnosed Mental Illness Who Received Treatment



People who identify as being two or more races (24.9%) are most likely to report any mental illness within the past year than any other race/ethnic group, followed by American Indian/Alaska Natives (22.7%), white (19%), and black (16.8%).

## Critical Issues Faced by Multicultural Communities

- Less access and receive to quality treatments.
- Higher levels of stigma in communities.
- Culturally insensitive health care system.
- Racism, bias, homophobia or discrimination in treatment settings
- Language barriers.
- Lack of health insurance.



## How can I help myself and others?



- Connect with trusted family members and friends about your mental health.
- Get support from your local community.
- Help advocate for others and encourage them to get professional help and services.
- Collect information from credible resources.
- Consider talking with a doctor or therapist.

Learn more with Blue Humming Therapy  
[www.bluehummingtherapy.org/diversity](http://www.bluehummingtherapy.org/diversity)



### Sources

<https://www.mhanational.org/issues/state-mental-health-america>  
<https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>  
<https://apnlodge.com/wp-content/uploads/2020/07/APNLodge-Mental-Health-Across-Race-Ethnicities-Infographic-1.pdf>